

We claim:

1. A method for selectively and sequentially extracting at least two catechins from a plant product that comprises:
 - a) submitting said plant product to a first brew at a first brew temperature and for a sufficient period of time to allow extraction of most of at least one first catechin;
 - b) collecting the plant product as treated in step a); and
 - c) submitting the plant product collected in step b) to a second brew to a second brew temperature and for a sufficient period of time to allow extraction of at least one second catechin.
2. The method of claim 1, wherein said plant product is tea leaf.
3. The method of claim 2, wherein said tea leaf is white tea leaf or green tea leaf.
4. The method of claim 1, wherein said first catechin is epigallocatechin (EGC).
5. The method of claim 1, wherein said second catechin is epigallocatechin gallate (EGCG).
6. The method of claim 1, wherein said first brew temperature is below 65°C.
7. The method of claim 6, wherein said first brew temperature ranges between 20°C and 60°C.
8. The method of claim 1, wherein said second brew temperature is above 65°C.
9. The method of claim 8, wherein said second brew temperature ranges between 70°C and 90°C.

10. The method of claim 1, wherein said brews are performed in an aqueous solution.

11. The method of claim 10, wherein said aqueous solution consists of water.